

Check List of What To Bring to The Hospital

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For Momma:

- o Picture ID & insurance card
- o Any medications you are currently taking or a list with the dosage
- o Items to keep you busy (journal, thank you cards, card games)
- o Toiletries and favorite personal items (tooth brush, deodorant, make up, and hair supplies)
- o Robe
- o Lip balm
- o Your favorite pillow (make sure the pillow case is a different color other than white)
- o Relaxation/diversion tools (lavender oil, stress ball, an ultrasound picture etc.)
- o Camera, memory card, and charger
- o Light snacks for labor (if your provider allows), yummy REAL food for AFTER delivery (the hospital provides food but it may not be what you are used to eating!) The hospital also usually has a patient fridge that you can keep your items in. Check with your hospital.
- o Pajamas/ nighty/ oversized shirt
- o Slippers/ flip-flops
- o Nursing bra (if nursing)/ sports bra/tight fitting bra (if NOT nursing)
- o Going home outfit
- o Headphones (If you plan on walking during your labor, we connect your headphones to the ambulatory fetal heart rate monitor so you can hear your baby's heart rate)

For Significant Other:

- o ID (most labor and delivery units require all visitors to have an ID, find out your own hospital's policy)
- o Blanket (Mommy-to-bes tend to like a cold room while laboring)
- o Snacks and a drink to keep your significant other nourished so they can better support you!
- o Swim suite if you plan on having your significant other in the labor tub with you (if that's your cup of tea)
- o Educational reminders/ birth plan (also not necessary but may be helpful for some women or significant others)

For Baby:

- o Car seat (installed)
- o Breast pump (if you are planning on pumping)
- o Breastfeeding pillow (if you are planning on breastfeeding)
- o Picture outfit/going home outfit(s)Baby blanket